

**DETERMINANTS OF STRESS AMONG  
SECONDARY SCHOOL TEACHERS IN KUBANG  
PASU DISTRICT**

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# **DETERMINANTS OF STRESS AMONG SECONDARY SCHOOL TEACHERS IN KUBANG PASU DISTRICT**

**A thesis submitted to the graduate school in partial  
fulfillment of the requirement for the degree  
Master Science Management**

**By**

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I certify that the substance of this thesis has not been already been submitted to any degree and is not currently being submitted for and other degree qualification

I certify that any help received in preparing this thesis and all sources used have been acknowledged in this thesis.

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## **ABSTRAK**

Kajian ini bertujuan untuk menentukan faktor dan faktor stres dominan di antara para guru sekolah menengah di daerah pasu Kubang, Kedah. Tiga sekolah menengah di daerah pasu Kubang yang dipilih secara rawak. 121 guru dari sekolah-sekolah yang dipilih akan menyertai dalam kajian. Borang soal selidik digunakan untuk menentukan latar belakang sosial-demografi, maklumat kerja dan faktor stres. Keputusan kajian menunjukkan bahawa sebahagian besar guru mengalami tahap stres sederhana (nilai mean = 3.319). Dalam kajian ini faktor-faktor pembolehubah beban kerja (workload), kenakalan pelajar (student misbehavior), pengiktirafan profesional (professional recognition), alat bantuan mengajar (classroom resources) dan hubungan rakan sekerja (poor colleague relations) adalah memberi tekanan sederhana di kalangan guru sekolah menengah. Dalam kajian ini beban kerja adalah faktor utama yang mempengaruhi stress di kalangan guru sekolah menengah di daerah Kubang Pasu. Secara umum, kajian ini menunjukkan bahawa teori tekanan guru mampu menggambarkan punca stres di antara guru sekolah menengah di daerah Kubang Pasu.

## **ABSTRACT**

This study seeks to determine the factors and the dominant stress factors among secondary school teachers in the Kubang Pasu district, Kedah. Three secondary schools in Kubang Pasu district which were randomly selected. 121 teachers from the selected schools are participating in the study. A questionnaire was used to determine socio-demographic background, working information and stress factors. Results showed that most of the teachers experience moderate stress level (mean value at 3.319). In terms of these factors are found all the factors which are workload, student misbehavior, professional recognition, classroom resources and poor colleague relations had been given moderate pressure on the teachers involve. However, in this study workloads are the dominant factors leading to teacher stress. In general, the study reveals that the theory of teachers stress is capable in predicting the causes of the stress among secondary teachers in Kubang Pasu district.

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## **ABBREVIATIONS**

<b>SMK</b>	<b>Sekolah Menengah Kebangsaan</b>
<b>PMR</b>	<b>Peperiksaan Menengah Rendah</b>

## **CHAPTER 1**

### **1.0 Introduction**

Philosophy of education was formulated in 1998 and in reference to the Education Act 1996, "education in Malaysia is an ongoing effort to develop the potential of individual stabilization towards comprehensive and integrated to produce a balanced and harmonious person in terms of intellectual, spiritual, emotional and physical based on the belief and obedience to God. This effort is designed to produce Malaysian citizens who are knowledgeable, competent, moral, responsible and capable of achieving wellness and member contributions to the harmony and prosperity of the society and the State "(Syed Othman and Hasnan, 2001).

The philosophy of education is a process of clarification of thought and guidance to the principle of education. This philosophy and goals of education can give the union a circular to all educational efforts. National educational philosophy is based on the repressive country of the Federal Constitution Rule of Nation, The New Economic Policy and The National Education Policy (Abdul Fatah, 2003).

In the Third Malaysia Plan (1976-1980) objectives in education and training of our nation is to strengthen the education system to foster integration and national unity. Adapt and expand education and training system towards the energy needs of the people working in the areas of science and technology. Improving the quality of education to reduce dropout and increase its impact on national

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